

R E G I S T R A T I O N

Pre-registration cost: \$35.00 Before April 27th
At the door \$40.00 Or after April 27th

Name _____

Address _____

City, State _____ Zip _____

Phone _____

Make checks payable to: **CT AAIDD**

[Click here to pay with PayPal:](#)

Before April 27th :

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6Y94QY4CCW8NU

Send Registration Form to:

Don Miller
137 Kenyon St
Hartford, CT 06105
donmiller@kualumni.org

Seating is limited.

Please register early and return this form no later than **April 27, 2015**

Payment must accompany registration

Lunch and refreshments included

Questions: Contact Beth Aura Miller @
bethaura.miller@ct.gov

During registration Danish, coffee and juice will be served
Lunch included – Catered by Spicy Green Bean



DIRECTIONS
Keeney Center
200 Main Street
Wethersfield, CT
Telephone: (203) 529-7161

From I-91 North: Take Exits 25-26. Bear right and take Exit 26 (Old Wethersfield). Turn left at the end of the exit ramp and follow signs to Marsh Street. Turn left and follow Marsh Street to Main Street. Turn left on Main Street. The Keeney Center is the third building on the left.

From I-91 South: Take Exit 26. Turn right and go to Marsh Street. Turn left and follow Marsh Street to Main Street. Turn left on Main Street. The Keeney Center is the third building on the left.



“Aging Matters: Healthy Living”



Presented by:
**Connecticut Coalition
on Aging and Developmental
Disabilities,
The CT Department of
Developmental Services
&
The CT Chapter of the
American Association on
Intellectual
and Developmental
Disabilities**

May 1, 2015

8:30 am -3:30 pm

Keeney Center, Wethersfield, Conn.

Conference Schedule

Morning Sessions

"As People with Down's Syndrome get Older, the Concern for Alzheimer's Increases" Dr. Gerry Kerins

This session will review the types of evaluations used to determine memory loss, challenges in activities of daily living and strategies to maximize a person's functioning and help preserve self-esteem in persons with Down syndrome.

Dr. Kerins is a member of the State of Connecticut Commission on Aging, as well as a member of the State of Connecticut Office of Protection and Advocacy for Persons with Disabilities Fatality Review Board. He serves as a consultant to the State of Connecticut Disability Center and the State of Connecticut Department of Developmental Services.

Dr. Kerins is board-certified in Internal Medicine and Geriatrics and is a Fellow of the American College of Physicians. Clinical areas of interest and research include geriatric assessment, Alzheimer's disease, and the care of older adults with Down syndrome.



"Healthy Athletes: Special Olympics Making a Difference in Connecticut"

Nora Mason and her team from CT Special Olympics

The Special Olympics Healthy Athletes program provides free health screenings to athletes in seven areas: Fit Feet (podiatry), FUNfitness (physical therapy), Health Promotion (better health and well-being), Healthy Hearing (audiology), MedFest (sports physical exam), Opening Eyes (vision) and Special Smiles (dentistry). SOCT's goal is to educate athletes so that they can achieve improved health outcomes, with the ultimate goal of ensuring that all are receiving health services and are able to reach their full potential.

8:30 am - 9:00 am

Registration

Morning Sessions:

"As People with Down's Syndrome get Older, the Concern for Alzheimer's Increases"

Dr. Gerry Kerins

"Healthy Athletes: Special Olympics Making a Difference in Connecticut"

Nora Mason and her team from CT Special Olympics

"Moving towards a Healthier You: Learning to make healthy lifestyle choices NOW!"

Participants of Pilot Program

12:00 am – 1:00 pm

Lunch

Afternoon Sessions:

Commissioner Elizabeth Ritter

Department of Aging

Commissioner Morna Murray

Department of Developmental Services

"Laughter Yoga"

Adrienne Doughty of Laughing Gull Energy Healing

"Taking Care of ME!" -Chair Yoga

Shelia Huard Owner, Instructor at The Natural Path Southington CT



"Moving towards a Healthier You: Learning to make healthy lifestyle choices NOW!"

A presentation by the participants and organizers of a pilot program and support group that teaches individuals how to make healthy lifestyle choices now that will serve them well as they get older. The panel will discuss how they have learned to use tracking technology, fun exercise, healthy eating habits, and celebration of progress and successes to motivate change.

Afternoon Sessions

"Laughter Yoga" -Adrienne Doughty of Laughing Gull Energy Healing, West Hartford, CT

In Laughter Yoga, you laugh for "the health of it". The Yoga part of Laughter Yoga is the breathing exercises along with the laughing exercises. Laughter Yoga has been proven to reduce pain, lower blood pressure and cortisol levels, boost immune system, and bring happiness and renewed joy in life.

Chair Yoga

Shelia Huard Owner, Instructor at The Natural Path Southington CT

THERAPEUTIC CHAIR YOGA - This practice will consist of a series of gentle movements done in a chair, designed to improve flexibility, strength and range of motion, maintain or regain joint mobility, relieve joint pain and stiffness, improve circulation, and balance the flow of energy within the body. This class will help to ease the pain associated with fibromyalgia and arthritis, aid in the healing of injuries, accommodate physical limitations and quiet the mind.